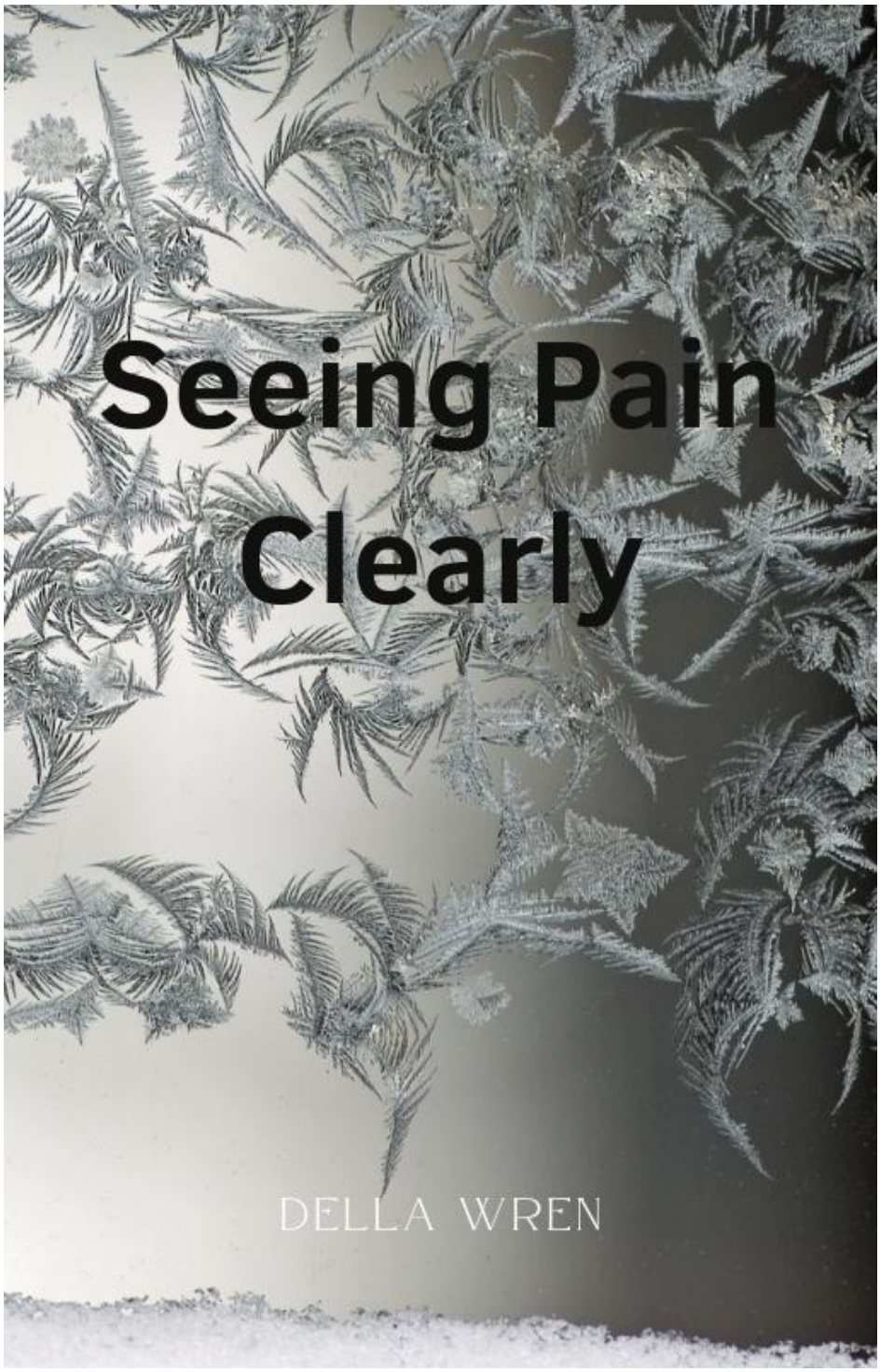
Seeing Pain Clearly
DELLA WREN

To anyone that needs this. Keep going.

Introduction

Pain can be super obvious sometimes. If you watch the news for 5 minutes you'll understand what I mean. You see the shootings, the violence, the hatred, the anger, and the division and you recognize that as pain immediately. But there is something else going on there that you don't recognize, and that is that you are used to being surrounded by pain, so much so, that you don't even really register it when it shows up.

When it's in your face like it is on the news you do register it to some degree. But usually the only thought is to question how people can be so awful to each other. You worry more about your own safety than you do anything else. The truth is you don't really question what's actually going on. You just see the violence and wish it would stop.

The reality of pain in our current world is that it's everywhere. You can't walk down the street these days without seeing pain somewhere. You can't talk to other people without encountering pain. Almost everybody unconsciously throws their pain around all the time and they don't even realize they do it. We've gotten so good at tuning everything out that we pay

no attention to it at all. When we try it's overwhelming because it's just that widespread.

What is happening? Why is there so much pain? Why is the world like this right now? We know that the only way to heal is to allow the pain. We have to feel what we don't want to feel if we ever intend to heal it. We can't heal things we don't acknowledge. Well, we do this on both a collective level and an individual level. When a whole bunch of individuals decide to acknowledge all that pain at the same time, it becomes a sort of collective healing. That's what we're witnessing right now.

As a collective we've had pain buried for many, many years. There is a lot of generational trauma in some cultures and there is also a lot of new trauma happening every single day. The division and hate that has been hidden for so many years by people who thought that the way to control it was to hide it or squish it, is now coming to the surface anyway. Hiding from pain, collectively or individually, will not heal pain. We can't simply stamp out the division and hate. It will not heal that way. The overall strategy to deal with the hate and division needs to change. Burying it is no longer going to work because there is too much pain to bury. We are in a state where there is an overflow of pain and there are no methods in place to manage it. One of the main reasons I'm writing this is to give people a strategy for recognizing and managing pain.

Pain is not just the big things that we see on the news. Pain is not just major trauma and abuse. Pain is not just diagnosable mental health issues or physical disease. Pain shows up in many forms that are far less obvious unless you're looking for them. Outside of major

depression, the powerlessness that I felt created pain that I displayed every single day that nobody saw because it wasn't in your face. It was people-pleasing. It was never making my own choices. It was giving my power away. It was being scared of other people. It was worrying about everything and anything. It was being stuck in my head. It was worrying about doing it wrong. It was worrying about not being good enough, smart enough, fast enough, or just plain enough. My pain was present all the time and nobody saw it. I promise you that if it's not you the reader, than somebody around you is expressing pain the same way I did. Can you see the pain in other people that they don't express openly?

We don't see the pain in people's actions when they do things that aren't outright violent or dangerous. We don't even consider that when people say mean things, they are actually in pain. We don't consider that the jerk at work is really in a ton of pain and hasn't admitted it to anybody yet, maybe not even to themselves. We get so tied up in defending ourselves that we don't even care why people do things. We don't slow down long enough to notice. We're so quick to judge and tell people off that it doesn't even register on our radars that maybe other people aren't okay.

What we end up doing is throwing pain back and forth. I call it a snowball fight where the weapon of choice is pain instead of snow. We do it unconsciously and habitually. We've been taught to do it because it's how the people around us reacted to us and to the people around them. It's likely how they were taught as well. My hope is, if you're reading this, that you're wanting to change that.

Recognizing pain in others requires us to be able to recognize pain within ourselves.

That recognition takes honesty and courage. It doesn't happen easily because we don't like to admit we are in pain. We don't want to go find that pain because it's scary and we don't know what we're going to find.

I can tell you from experience because I've gone scuba diving in my own pain, that I didn't find anything scary. There was nothing there that I didn't know about. The only surprise I found was the part of me that I'd buried that was still okay. I had a part of me that was untouched by all the pain because I'd protected her from the pain. There was a part of me that didn't need healing or saving. It was that part of me that I was able to dig out and bring to the surface.

Here's the truth about pain that I talk about all the time. There actually isn't a whole lot to heal more often than not, and that's because you've already cried it out. For most of you reading this, you've been on this journey for a while. That means that you've cried it out already. You did that part and so all that keeps you in pain now is your habit of living from it through your thoughts and actions. You have patterns of behavior that you created when you were in pain so that you could survive. Well guess what? You no longer need those things but you do them anyway and that's what causes you pain. The trauma itself is not the problem anymore. The problem is you still act like you're in the trauma and you're not.

Now, that's not going to be true for everybody around you because not everybody has cried it out yet. That's a process that we all need to go through first before we can start breaking the habits of pain that we have. If by chance you haven't cried it out yet, get on it. You can't skip that step. You need to allow yourself to feel the pain first and foremost. Don't

be scared of it. It won't bite you. Your job is to allow it to flow and let it go. It's not meant to last forever. It's meant to flow through and stop. Pain is meant to end. You're not meant to be in pain your entire life. Only once it has stopped can you move onto the next step.

Cry it out is the first step in the process. It's the thing we should be doing as we experience trauma. Often though, people don't do it. They squish it instead and then it comes back up to bite them in a big way later on. Sometimes that's the trauma you see on the news. It's people losing their minds because they have never dealt with any of the pain they feel, it becomes overwhelming, and they lash out in a big way.

My suggestion to you is to take it one thing at a time. Always, if it feels overwhelming or it's too much for you to handle, reach out to get professional help. I am not a professional therapist or counselor and I've never claimed to be one. If anything I suggest here is too much for you, doesn't make sense to you, or feels off to you, don't do it. Listen to your own mind, body, and spirit and do what works for you. Your own guidance is always far more valuable than the guidance of those around you, including people like me that write things like this.

Recognizing Pain

"Actions speak louder than words."

Have you ever noticed incongruity between a person's actions and words? They say one thing and do the other or vice versa? That's pain. That's what pain can look like in a lot of people. Maybe you know somebody who talks about everything they are going to do, but they actually do none of it. That's pain. Maybe you know somebody who does things either without saying anything or they tell you about it after? That's pain. Maybe you know somebody whose actions and words never match. That's pain. In relationships, have you ever heard "I love you" one day and then the next day they break up with you? That's pain too.

When a person's actions and words don't line up for any reason it's because they are having an internal struggle with themselves. This may be obvious to you or it may just look weird. But because actions are so much more obvious to us, we have quotes like the one above which tell people to focus on what the person actually does over what they say. This saying doesn't acknowledge that people are in pain and that there is a reason why, and that we simply

can't see. It doesn't acknowledge that the incongruity is an indication of a problem.

We've been taught to react to this mis-match when we see it. We've been taught to actually get upset by it, get mad at it, and get in the other person's face about it. We've been taught to take offense to it. What if instead, we recognized when we have done the same thing? What if instead we found compassion and recognized pain?

My marriage was a lie. When I got married I left behind somebody I loved very much. My actions and words didn't match at the time, in fact, they were so far apart from each other that anybody that actually knew the truth would have been very confused about what I was doing and why.

I was making my external actions match what the people around me wanted to see. That meant that my actions were the opposite of what I was feeling and what I would have said to the person I actually did and still do love. This was all a reflection of pain and powerlessness. It was my own pain that I had picked up from other people over the majority of my life. It affected everything I did in all aspects of my life.

It wasn't just in my relationships, it was in everything. Pretty much everything I did was the opposite of or at least different than what I wanted. Everything was different. My actions and words never matched and when they did, it was probably a lie. The quote above doesn't acknowledge what I experienced. It makes my actions paramount and discounts every emotion and thought I had at the time. It discounts where the majority of the experience actually was for me, which was inside myself. Sure, I did things externally but they were nothing compared to the level of pain and pressure I felt within myself.

I compare the experience now to tip-toeing through a china shop with a wrecking ball in my hand because that's how I felt. I knew I was going to cause pain, that was unavoidable. The only thing I attempted to do was limit that pain and not do anymore damage than I had to.

Part of the reason my actions and words were incongruent was because I was trying to limit pain. Avoiding words that may cause more pain was part of my strategy. Was it a good strategy? Not really, but that's what I did. How many people do you know that have avoided conversations you thought were necessary? It happens all the time. What we say is that their actions said everything. Nope, actually they didn't. Their actions reflected their pain and that pain was ignored by everybody who interpreted it this way.

If we truly paid attention to other people we would see pain all the time. We don't pay attention to each other in the way we like to think we do. We're so screwed up that what we actually do is look for problems in each other. We create a problem out of actions and words that are incongruent, but instead of seeing that as a reflection of pain, we see it as an insult to us. We see it as a slap in the face. We choose not to see the pain behind what happened because if we actually saw that pain, we couldn't react so badly. We'd actually have to adjust our own behavior, but we don't because it's easier to blame other people for our reactions.

These are learned patterns of behavior that we have. We are taught to do this. We do it unconsciously. We do it out of habit. We do it because we avoid ourselves and focus on other people. We do it because we're in pain ourselves and we're not aware of our own pain. It makes sense that if we can't see our own pain, it makes it very difficult to recognize anybody

else's. That's where we've gotten to. We've created a whole bunch of people that are not only unable but are unwilling to see their own pain and do anything about it. They would rather find a reason to be mad at everybody else for their pain instead of dealing with their own.

This was written with a lot of intensity behind it because of my own lived experience, because I have done the work to see how my actions and words didn't line up and why that happened. I did the work to recognize my own pain and understand how it affected everything that I did in my life. Quotes like the one I started with don't have that perspective. It's one-sided and doesn't take into account anything else. It doesn't take into account any other possibility other than that people are simply jerks. That couldn't be further from the truth.

Pain is a blanket that covers up everything. Imagine walking into a home where everything was covered with a blanket including the floors, the walls, the cabinets, the furniture, and the fixtures. Imagine draping a blanket over an entire house, inside and out. That is what the pain has done in our world. It has covered up everything. We really have to be looking carefully to find anything that isn't coming from a place of pain these days. The reality is, that even the good in the world is often done by people who are in pain and simply choose to display it differently.

When you look at the things that you perceive to be good, have you ever considered how those people truly feel within themselves? Is there pain there? Are they doing that action from a place of pain? Are they okay within themselves? Is what they are doing genuine? Is it possible that their actions and words are also incongruent?

We just see good and we think that everybody should be like that. The thing is that what we end up encouraging is for people to hide their pain and cover it up even further. While what we should be doing is encouraging people to express pain in healthy ways so that they can learn to heal it. What we need to be teaching people to do is release the pain, understand themselves and their own behavior, and then change that behavior so they are no longer living from pain. Simply doing good in the world will not heal the pain. That's a cover up and a lie. That's planting flowers at the garbage dump. It looks great, but it's deceiving.

None of this means that we intervene anywhere. It's not up to us to fix other people. The goal is not to try to change anybody else's behavior. We don't have to start questioning the intent behind every action or every word. We're not looking to become skeptical in any way. What we're learning to understand is that pain can show up everywhere and that if we simply applied compassion all the time, in every situation, we'd be better off.

What our perception does is that when somebody is out doing good in the world and they suddenly indicate that they are in pain for one reason or another, we're immediately compassionate with them. We don't even think about not offering compassion. Why? Because their actions were what we perceived to be good so we weren't triggered by what they were doing. Compassion was an easier place to get to because the trigger wasn't present. But when people offer up their pain in ways we don't like, now we get all triggered and wounded and we offer up more pain instead of being able to find that same compassion. That's where the problem is. We need to react compassionately in both scenarios, not just when it suits us.

The perception of pain is skewed because it is filtered through our own triggers and

pain. When we are triggered by what somebody does, we don't take the second it takes to recognize the other person is projecting their pain. We move straight to being wounded ourselves. But when we're not triggered we move to compassion much more quickly because the filter is no longer there. Healing our individual pain is what removes the trigger. It's what allows you to move to compassion immediately, regardless of what's happening.

The idea that somehow we shouldn't do that comes from the ego and from the filter of pain that we have. This idea is the ego protecting itself from more pain. But this is a story that's we've made up about what other people are doing and why they do it. It's a story we've made up to try to protect ourselves from other people. The only thing it does is cause more pain. It doesn't heal anything and it doesn't solve anything. When we react to pain from a place of pain we just create more pain.

The bottom line is that being able to recognize pain and find compassion all the time requires us to heal our own pain. Ultimately what we have to heal is our own triggers and wounds because those are the things that keep us from finding compassion. It's a protection mechanism for the ego that typically just makes things worse. Learning to recognize pain requires individual healing. It really is as simple as that.

Finding Our Own Triggers

If we're going to recognize pain then it starts with recognizing our own pain and triggers. It's not as hard as you might think because simply, everything that upsets you is a trigger of some kind. It's really that easy. That means the whole story is about what you're willing to recognize and work on at any given moment in time.

I've learned that there are limits to my clarity. I may recognize that there is an entire onion there, but I'm only given the first layer to peel often. Often, no matter whether I think I can handle it or not, the clarity comes in slowly. I get time to adjust to the new energy, understand what's shifted, and even see the shift in my interactions with the people around me. Those limits to my clarity mean that when I am triggered, I don't necessarily get the whole story right away. There will be an aspect of something that I need to work on and that will be all I will get in terms of clarity at that point. It doesn't mean I won't get more later, it's just limited at that point in time.

The goal is that you fully accept, understand, and integrate whatever it is you heal. You

want to be able to see the shift in your interactions with others or in the outside world. That's how you know that what you're doing is making a difference. We get time to see those changes before moving onto the next thing. The Universe is funny place in that respect because often those opportunities come very quickly.

Once again, I need to remind everybody that I'm not focused on present day major trauma. I'm talking about the little habits and behaviors that we created 30 years ago that cause us to react to things poorly. It doesn't have to be over the top. You don't have to lose your head or anything. It can be very minor things that cause us to react poorly in some small way. We're not necessarily talking about big things here.

These strategies can be applied to everything, big or small. The problem with trying to apply this to recent major trauma is that you haven't cried it out enough yet. These strategies work best when you've cried it all out and you're still finding yourself stuck in pain. It's focused on behaviors and habits we created from pain that happened years before. It's not focused on things that happened yesterday or last week or even last month. Take care of yourself and your own needs as you apply this to yourself in your current reality.

If the trigger is anything that causes us to get upset, then I'm going to be here a long time because when we look around in the world there is a lot to be upset about. Is that what you're thinking? Let's narrow this down a little bit. While the original statement is true, it's probably overwhelming. So, let's focus in on this a little bit by narrowing this down to the things that bother you the most and the most often. Where are the recurring patterns? Where are the repeating cycles? Those are the things that scream the loudest and so those are the

things that you should be focusing on. They are the most prominent and important to you at this point in time.

Personally, I started with the money story because it was the thing that screamed the loudest. But by dealing with that money story, I was able to heal a multitude of other things that seemingly had nothing to do with money. The idea of starting from where you are with the things that are causing you the most grief gives you a starting point that doesn't require any work to figure out. It's the thing that's most obvious to you at the moment. It creates a breadcrumb trail of healing for you to follow that makes figuring out the next steps easier.

What's screaming the loudest? What's the thing that's most prominent to you right now? Start from there. The next time that triggers you, which could be 5 minutes after you put this down, pay attention to what happens. What is your response? How do you react? Has that solved the problem yet? If not, then maybe the strategy needs to change. From that place, you have the ability to begin to work through it differently. If my response to this isn't working then I have to question why I react that way and what the better response might be.

Every time you are triggered by this thing, you have to go through the same process. Over time by repeating this process, you will gain clarity. You will start to understand yourself within the experience and that's the point. What you discover is that your reaction is somewhat of a habit and that the habit isn't particularly helpful. It just forces you into an emotional tailspin that gets you nowhere. Eventually you should come to the place where you ask yourself if you actually have control over this thing. If the answer is yes, then the solution is obvious and you just go do it. If the answer is no, then you have to learn to stop reacting to

the trigger. You have to heal the trigger. That's your work.

What you will find as you begin to recognize individual triggers and heal them or remove the trigger is that it offers you a sense of control over your reality. When you're no longer feeling triggered by everything that goes on around you, you're actually gaining control. I know that sounds weird, but play along with me for a minute. If we don't have control over what's going on around us, then the only control that we do have is within us. If the control is within us then the way we gain that control is by being more non-reactive, by not being so triggered all the time. This is how we can learn to be stable within ourselves even as the world around us is rocking and rolling.

We don't have to let everything bother us and we can choose our responses. The way we do that is by recognizing when we're allowing the outside world to trigger us. Now we can spend the time we need to figure out whether that's helpful or not. We're learning to become more aware of ourselves in each individual experience. Healing the triggers means actually paying attention to what you're doing all the time. It means being consciously aware of yourself in every moment.

I get it, that sounds exhausting and it can be a little bit at first. My suggestion is always the same. Start with the things that scream the loudest. Don't try to pay attention to everything at the same time. Look for that one thing only and deal with it by itself. Then as you move forward and as you get better at it, you'll actually be able to manage more things simultaneously. You'll start to recognize more of your reactions and you'll automatically begin to heal those without prompting and without needing it to be screaming at you before you do

anything about it. You'll stop being scared of the process and you'll do it as a normal part of your daily life.

The truth is that it's the fear that stops you. You're afraid of what you're going to find. You're afraid of what might show up. I get it. I used to feel that fear too. One of the things I learned was that I was afraid of shadows. I was afraid of things the mind had made up. They were stories and imagination, not truth. The truth was simple. I was responding and reacting from pain and it caused me to make choices that made me miserable in my own life. Those choices hurt the people around me too. All of it stemmed from a sense of powerlessness that I had been carrying around with me for most of my life. I learned to disconnect from the powerlessness by slowly healing the triggers and shifting my focus away from the pain.

I learned to dive into pain head first. I learned to get okay with the cold pool. I knew that there was nothing there for me to be afraid of. The shadows of the mind were just that, they were shadows. They weren't anything to be scared of. The truth would reveal itself when I removed the shadow. Every single time I jumped in that pool and removed the shadow I found the truth. I got over the fear. I got over the worry. I simply allowed myself to do what I needed to do to heal myself. My goal is non-reactivity. I'm almost there now. It's not perfect yet and it may never be perfect. I'm okay with that. But I've learned that I don't have to react to most things and that when I do I react I can recover very quickly. My awareness simply allows me to respond better more often and course correct more quickly when I do get off track.

It took years of healing the fear, the worry, and the doubt. It took years of paying

attention to what was happening around me and realizing that regardless of what happened I was fine. It took years of unwinding the stories that I was telling myself. I share in my blogs all the time about the stories that show up and the clarity that I get from breaking through them. It all started from sitting in the worry and the fear, learning that it was unnecessary, and then breaking the emotional habit of it.

Finding our own triggers is nothing more than paying attention to what we react to and simply deciding to find a better way to do things. No, we can't do it all at the same time nor should we try. It's one thing at a time over the course of months and years that will lead to the greatest amount of change within you. Giving yourself that level of control over your own being creates will make you feel like you have some control and that you're not being pushed around by the world. That's a good thing. It allows you to move forward on your own terms in your own way knowing that you can handle whatever shows up along the way.

What to Do Next

You see the pain around you and now you recognize it in others. It's everywhere, all over the place all the time. There really is nothing you can do about the external pain of others. We have to learn to leave people where they are. We can't make people heal, change, see things differently, or do anything they weren't going to do to begin with. The only thing we can do is watch and hold space. When they are ready they will ask. Until then, you hang out and watch.

Is it hard to watch? Sometimes it's extremely difficult to sit on our hands but that's the work. Learning to leave people be is a lesson for the entire planet right now. You can begin to create that change by learning to leave the people around you alone. It doesn't matter what your opinion is. It doesn't matter whether they are doing something that didn't work out for you. It doesn't matter if you think they are nuts. You have to learn to let them be.

Somewhere we associated intervention with caring. This is another one of those things, much like associating worry and fear with caring, and it's simply not true. Every single persons

comes into this life to go on their own journey. It's not up to us to determine the journey of another. They will have the experience in some form in some way at some time regardless of whether you intervene or not. You're simply delaying the inevitable and not really preventing anything.

Yes, it's hard to watch sometimes but allowing that journey is how other people learn what they need to learn. How frustrated do you get when people don't understand your journey and try to stop you? You don't like it do you? The only difference is that you perceive what you're doing to be a good thing and when you watch somebody you care about do something you perceive as bad, you want to get in the way. The journey is the journey regardless of what our perception of good and bad may be. We have to allow the bad and the good. Both are part of the human experience. Both are necessary. Both are meant to learn from. Learning to allow both is part of the process.

We don't have to end up in pain either. The need to hold onto pain is a human thing. The ego wants to hold onto pain and identify with it because that's how it knows to keep you safe. If you're identifying with the pain then you'll avoid anything that may cause you pain. In theory that's a terrific idea, but the reality of that is that you stay stuck and never move. If the ego had its' way you would be hiding under your bed wrapped in bubble wrap. You would be terrified of everything all day every day.

It's not that the ego is bad. It is absolutely doing its job to keep you safe. There are many times when what the ego does is brilliant and completely necessary. There are also times when what the ego does is just keeping you stuck and causing you more pain. The trick is to

learn the difference.

We're not trying to transcend the ego. We don't want to get rid of the ego. We need the ego. What we want to do is tame the ego. We want to put it in its place and give it a job to do, basically we want to train the ego to serve us instead of us being at the mercy of it. When we're at the mercy of the ego we end up in fear and not moving. When we train the ego we learn to get out of the fear and not project all kinds of pain into the unknown future. That way we're able to move forward and the ego supports the journey instead of getting in the way of it. This is a big part of the healing journey we're on.

What's next on the journey? Getting really good at recognizing the pain in others while learning to recognize and heal the triggers and pain within ourselves. Assuming you've done the cry it out part of the process, then the hardest thing is to recognize and break the habits of thought and feeling that you have.

The reality is you react to a lot of things out of habit, not because there is anything to react to. You think there is a problem because somebody told you it was a problem, not because there is actually anything wrong. Once you realize that you're fine, that most problems aren't worth the effort you put into them, you can begin to break the habits.

It does take a while, I'm not going to lie. Learning to break the habit of fear took me years. I did manage to do it though and it meant I sat in pools of fear for days on end sometimes while I waited for outcomes I didn't want to watch take place. That's what sitting in fear is. It's waiting for the outcome you don't want to happen, to take place, while sitting on

your hands and doing nothing. Sounds like fun doesn't it?

This is the only way we get out of fear though. Once the "bad" outcome happens, then you look around, realize you're okay and that the world didn't blow up, and question all the crazy thinking you had while you were sitting in the fear. Was any of that true? Did it help? Did the fear solve anything? What did I accomplish by being afraid for that long? Was it worth all that emotional energy? What's a better response?

It's the understanding that the emotional energy you're putting into things through being afraid of them is not solving anything. It's not helping and it's definitely not making you feel better. The part we miss is the part where we look around and realize we're okay and that the fear was unnecessary. If we did that more often we wouldn't get into these habits to begin with. We'd recognize the emotional cost was too high and we'd stop doing it right away. But because we don't recognize the emotional cost (we actually pay no attention at all) it becomes a habit and we do it again the next time. Suddenly we find ourselves in a repetitive loop and we're not sure how we got there.

The cycle is avoidable. It requires us to pay attention to where we are and what's happening. We have to notice how we feel. We have to question whether our thoughts and feelings were helpful, necessary, or accurate. We have to be willing to do the deep dive after each experience in our lives. What we do right now is wait for things to break. We don't like to fix it if we don't think it's broken. I get it. That's a human thing. But doing the deep dive even after the perceived good experiences is what will help you recognize the patterns the quickest. There were things in my life that I didn't think were broken, but that I ended up breaking

anyway because they were simply dysfunctional loops that I was hanging onto. They weren't obviously a problem until I realized what was actually happening. Suddenly I did find myself breaking things that were seemingly okay.

Why does this happen? Because you'll realize quickly that some of the patterns that you don't have a problem with are based on pain. They are based on old coping mechanisms, old ways of being, and old ideas. Those things need to go away to clear your path so you can move forward more smoothly.

This stuff isn't easy. It's hard to sit around and realize you have to mess with things you weren't planning to mess with, but that's the work. The more you do it the better you get at it. It doesn't mean it isn't painful. It doesn't mean it's fun. It just means that you can handle what happens. You learn to trust yourself and you go with it more easily. It's not always pretty but it is doable if you just keep going.

That's it! Trust yourself to land on your feet. Learn to recognize your own triggers and the pain in others. The more you do that, the more you clear the filter you wear. That's a good thing. Clear perception makes it easier for you to interpret your own experience and not get tied up in all the stories we like to tell. It's a good thing. Clearing or removing the filter can be jarring at first, but once you do it for a while and you start to see things more clearly, you'll realize how free you actually are to live your life your own way. You'll realize how much of what happens around is just based on pain.

You do not have to live in or from pain. You can free yourself. This little guide is a good first start. I hope it was helpful to you.

Love to all.

Della

About the Author

Della Wren is the author the upcoming book Question Everything. She is also the author of Screw Practicality, The Emotional Truth, How to Be a Spiritual Misfit, and many other titles all under her old name Laura Bungarz. She is a teacher, writer, intuitive medium, blogger, and mom to 2 kids and a dog named Piper. Through her work today, she teaches people how to shift the patterns and habits that keep them stuck and shows them that it is possible, with a little mental clarity, to see things in a way that doesn't have to hurt so much. When she's not working, Della spends her time hanging out with her family.

All information about the author along with all previous and upcoming books can be found by visiting her website at dellawrenbooks.com.

Previous books include:

- The Emotional Truth

- Screw Practicality
- How to Be a Spiritual Misfit
- Shit Happens Stop Messing with It
- The Pandemic of Awakening
- The Truth of My Awakening
- If It's Not Yours Don't Pick It Up